

USDA National Nutrient Database for Standard Reference Release 28

Statistics Report 03053, Babyfood, dinner, vegetables and beef, strained

Report Date: October 27, 2015 06:31 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water ¹	g	84.94	--	0.539	83.86	85.53	2.0	82.616	87.257	1	Analytical or derived from analytical	--	04/2007
Energy	kcal	77	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2009
Energy	kJ	321	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2009
Protein ¹	g	2.21	--	0.335	1.81	2.88	2.0	0.765	3.651	1	Analytical or derived from analytical	--	04/2007
Total lipid (fat) ¹	g	3.60	--	1.383	2.2	6.37	2.0	-2.349	9.555	1	Analytical or derived from analytical	--	04/2007
Ash ¹	g	0.41	--	0.038	0.37	0.49	2.0	0.248	0.579	1	Analytical or derived from analytical	--	04/2007
Carbohydrate, by difference	g	8.84	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2009
Fiber, total dietary ¹	g	1.3	--	--	1.2	1.4	1.0	--	--	1	Analytical or derived from analytical	--	04/2007
Sugars, total ¹	g	2.34	--	--	2.17	2.51	1.0	--	--	1	Analytical or derived from analytical	--	04/2007
Sucrose ¹	g	1.01	--	--	1	1.02	1.0	--	--	1	Analytical or derived from analytical	--	04/2007
Glucose (dextrose) ¹	g	0.63	--	--	0.53	0.72	1.0	--	--	1	Analytical or derived from analytical	--	04/2007

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fructose ¹	g	0.58	--	--	0.54	0.63	1.0	--	--	1	Analytical or derived from analytical	--	04/2007
Lactose ¹	g	0.00	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2007
Maltose ¹	g	0.12	--	--	0.07	0.16	1.0	--	--	1	Analytical or derived from analytical	--	04/2007
Galactose ¹	g	0.00	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2007
Starch	g	0.03	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2007
Minerals													
Calcium, Ca ¹	mg	17	--	--	13	20	1.0	--	--	1	Analytical or derived from analytical	--	04/2007
Iron, Fe ¹	mg	0.35	--	--	0.3	0.41	1.0	--	--	1	Analytical or derived from analytical	--	04/2007
Magnesium, Mg ¹	mg	10	--	--	9	11	1.0	--	--	1	Analytical or derived from analytical	--	04/2007
Phosphorus, P ¹	mg	33	--	--	27	38	1.0	--	--	1	Analytical or derived from analytical	--	04/2007
Potassium, K ¹	mg	145	--	--	130	160	1.0	--	--	1	Analytical or derived from analytical	--	04/2007
Sodium, Na ¹	mg	31	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	07/2010
Zinc, Zn ¹	mg	0.38	--	--	0.33	0.44	1.0	--	--	1	Analytical or derived from analytical	--	04/2007
Copper, Cu ¹	mg	0.030	--	--	0.03	0.03	--	--	--	1	Analytical or derived from analytical	--	04/2007

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Manganese, Mn	mg	0.180	--	--	--	--	--	--	--	--	Manufacturer's analytical; partial documentation	--	04/1997
Selenium, Se ¹	µg	2.2	--	--	2.2	2.2	--	--	--	1	Analytical or derived from analytical	--	04/2007
Vitamins													
Vitamin C, total ascorbic acid	mg	0.2	--	--	--	--	--	--	--	--	Manufacturer's analytical; partial documentation	--	04/1997
Thiamin ¹	mg	0.008	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2007
Riboflavin ¹	mg	0.048	--	--	0.05	0.05	1.0	--	--	2	Aggregated data involving combinations of source codes 1 & 12	--	04/2007
Niacin ¹	mg	0.789	--	--	0.75	0.83	1.0	--	--	2	Aggregated data involving combinations of source codes 1 & 12	--	04/2007
Pantothenic acid ¹	mg	0.099	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2007
Vitamin B-6 ¹	mg	0.063	--	--	0.05	0.07	1.0	--	--	2	Aggregated data involving combinations of source codes 1 & 12	--	04/2007
Folate, total ¹	µg	6	--	--	2	9	1.0	--	--	1	Analytical or derived from analytical	--	04/2007

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Folic acid ¹	µg	3	--	--	1	4	1.0	--	--	1	Analytical or derived from analytical	--	04/2007
Folate, food ¹	µg	3	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2007
Folate, DFE	µg	7	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2009
Choline, total ¹	mg	16.5	--	2.544	11.8	20.5	2.0	5.543	27.433	1	Analytical or derived from analytical	--	04/2007
Betaine ¹	mg	1.1	--	0.254	0.7	1.5	2.0	-0.023	2.167	1	Analytical or derived from analytical	--	04/2007
Vitamin B-12	µg	0.18	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/1997
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE ^b	µg	246	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2013
Retinol	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003
Carotene, beta ¹	µg	2545	--	--	2,390	2,700	1.0	--	--	1	Analytical or derived from analytical	--	04/2007
Carotene, alpha ¹	µg	810	--	--	590	1,030	1.0	--	--	1	Analytical or derived from analytical	--	04/2007
Cryptoxanthin, beta ¹	µg	11	--	--	11	11	--	--	--	1	Analytical or derived from analytical	--	04/2007
Vitamin A, IU ^a	IU	4926	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2013
Lycopene ¹	µg	627	--	--	233	1,020	1.0	--	--	1	Analytical or derived from analytical	--	04/2007
Lutein + zeaxanthin	µg	51	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003
Vitamin E (alpha-tocopherol) ¹	mg	0.49	--	--	0.49	0.49	--	--	--	1	Analytical or derived from analytical	--	04/2007

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Tocopherol, beta ¹	mg	0.00	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2007
Tocopherol, gamma ¹	mg	0.17	--	--	0.11	0.23	1.0	--	--	1	Analytical or derived from analytical	--	04/2007
Tocopherol, delta ¹	mg	0.00	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2007
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2009
Vitamin D ¹	IU	1	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2009
Vitamin K (phylloquinone) ¹	µg	5.2	--	--	5	5.4	1.0	--	--	1	Analytical or derived from analytical	--	04/2007
Lipids													
Fatty acids, total saturated	g	0.870	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2009
4:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2009
6:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2009
8:0 ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2009
10:0 ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2009
12:0 ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2009
14:0 ¹	g	0.070	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2007
15:0 ¹	g	0.010	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2007

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
16:0 ¹	g	0.470	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2007
17:0 ¹	g	0.020	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2007
18:0 ¹	g	0.300	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2007
20:0 ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2009
22:0 ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2009
24:0 ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2009
Fatty acids, total monounsaturated	g	0.820	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2009
14:1 ¹	g	0.020	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2009
15:1 ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2009
16:1 undifferentiated ¹	g	0.070	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2007
17:1 ¹	g	0.020	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2009
18:1 undifferentiated ¹	g	0.710	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2009
20:1 ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2009
22:1 undifferentiated ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2009

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
24:1 c ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2009
Fatty acids, total polyunsaturated	g	0.190	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2009
18:2 undifferentiated ¹	g	0.140	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2007
18:3 undifferentiated ¹	g	0.030	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2007
18:4 ¹	g	0.020	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2007
20:2 n-6 c,c ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2009
20:3 undifferentiated ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2009
20:4 undifferentiated ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2009
20:5 n-3 (EPA) ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2009
21:5 ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2009
22:4 ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2009
22:5 n-3 (DPA) ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2009
22:6 n-3 (DHA) ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2009
Cholesterol ¹	mg	7	--	--	6	8	1.0	--	--	1	Analytical or derived from analytical	--	04/2007

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Phytosterols	mg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2007
Amino Acids													
Tryptophan	g	0.020	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2007
Threonine	g	0.097	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2007
Isoleucine	g	0.111	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2007
Leucine	g	0.193	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2007
Lysine	g	0.184	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2007
Methionine	g	0.061	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2007
Cystine	g	0.033	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2007
Phenylalanine	g	0.103	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2007
Tyrosine	g	0.086	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2007
Valine	g	0.127	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2007
Arginine	g	0.164	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2007
Histidine	g	0.074	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2007
Alanine	g	0.146	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2007
Aspartic acid	g	0.252	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2007
Glutamic acid	g	0.396	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2007
Glycine	g	0.138	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2007
Proline	g	0.115	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2007
Serine	g	0.103	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2007

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Hydroxyproline	g	0.020	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2007
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003
Caffeine	mg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003
Theobromine	mg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 8a, 2003 Beltsville MD

Footnotes

- ^a Vitamin A values range widely due to differences in cultivar and proportion of carrots.
- ^b Vitamin A values range widely due to differences in cultivar and proportion of carrots.